

Don't Let the Couch Win!

Limiting TV Time is Good for Your Health.



You are well aware that *Real Housewives*, *The Bachelor*, and other guilty-pleasure TV shows are not exactly enriching your life. But they're harmless, right? In moderation, sure. In addition to eating well and exercising, limiting the amount of time you spend sitting is one of the best things you can do for your health, and prime time is a great place to start. Research suggest that your waistline, heart health, and risk of diabetes and cancer could benefit from less time in front of the tube — and you might even live longer! In addition to having a lower risk of death from any cause, those who watch less TV may have a lower risk of a potentially fatal type of blood clot compared with those who watch a lot of TV. And while you might think you can make up for your nightly Netflix binge at the gym the next morning, getting regular exercise doesn't seem to offset the health risks of too much TV time. When you do sit down to watch your favorite show, get up and walk around at commercial breaks, or create your own breaks if you're watching a movie or ad-free show. And apply these principles to all your sitting endeavors. Find ways to be more active (walking is great for brainstorming, a hike with family is a mood booster), and when you do need to sit, aim to take a five-minute movement break every 30 minutes.

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